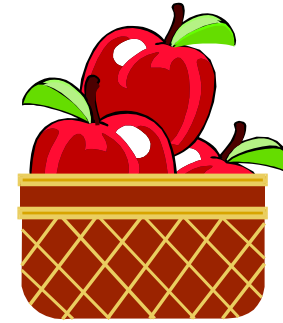


Nutrition Education



- 🍎 “Nutrition education” means individual or group sessions and the provision of materials designed to improve health status that achieve positive change in dietary habits, and emphasize relationships between nutrition and health, all in keeping with the individual’s personal, cultural and socioeconomic preferences. (Child Nutrition Act, 1966)
- 🍎 Nutrition education is a process which assists the public in applying knowledge from nutrition science and the relationship between diet and health to food practices. It is a deliberate effort to improve the nutritional well being of people by assessing the multiple factors that affect food choices, tailoring educational methodologies and messages to the public being reached and evaluating the results. It can help individuals develop a knowledge base, make a commitment to good nutrition, promote the selection of nutritionally adequate diets and develop decision-making skills. (ADA, 1987)
- 🍎 Nutrition education is any set of learning experiences designed to facilitate the voluntary adoption of eating and other health-related behaviors conducive to health and well-being. (ADA, 2000)
- 🍎 The provision of information about nutrition using methods, materials, and tools that are designed to enhance a participant’s understanding of the importance of nutrition and its relationship to good health, to effect a desirable change in behavior or to reinforce desired behaviors related to dietary habits or health practices. The goal of nutrition education is to empower participants to have a positive impact on their own nutritional/health status. (WIC Nutrition Standards, United States Department of Agriculture, Food and Nutrition Service, October 2001)